

February 1, 2025

## Turkish Oil Wrestling

Turkish oil wrestling, known as **\*\*Yağlı Güreş\*\***, is a traditional sport in Turkey where wrestlers, called **\*\*pehlivan\*\*** (wrestlers) or **\*\*başpehlivan\*\*** (master wrestlers), compete while covered in olive oil. This unique sport has a rich history and cultural significance.

### ### Key Features

- **\*\*Oil\*\***: Wrestlers douse themselves in olive oil, making it difficult to get a grip on their opponent. This adds a layer of challenge and skill to the matches.

- **Kisbet**: Wrestlers wear leather trousers called **kisbet**, which are essential to the sport. The objective is to control the opponent by putting an arm through their kisbet, a move known as **paça kazık**.

- **Duration**: Matches traditionally had no set duration and could last for days. However, since 1975, the duration has been capped at 40 minutes for the başpehlivan category and 30 minutes for the pehlivan category.

### ### Historical Significance

- **Ancient Roots**: Oil wrestling dates back to ancient communities in Thrace and the Balkans,

and it has been a part of Turkish culture since the Ottoman Empire.

- **Kırkpınar Festival**: The most famous oil wrestling event is the **Kırkpınar tournament**, held annually in Edirne, Turkey, since 1346. It is considered the oldest continuously running, sanctioned sporting competition in the world.

### ### Cultural Impact

Oil wrestling is more than just a sport; it is a cultural tradition that embodies respect, honor, and the spirit of competition. Wrestlers often show respect by oiling each other before matches and kissing the hand of an older opponent if defeated.

If you're interested in seeing oil wrestling in action,  
you can watch a video about it  
[here](https://www.youtube.com/watch?  
v=D2kelfaPHgw).

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[Wikipedia](https://en.wikipedia.org/wiki/Oil\_wrestli  
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